

Intense Women's Self Defense Workshop

Saturday May 7 – 10am-2pm

Milford Town Hall, 3rd Floor Auditorium, Milford, NH

Cost: FREE for Community

Please bring a SHARE donation (**please bring a non-perishable food item**)

14 years + (under 18 needs a female guardian present)

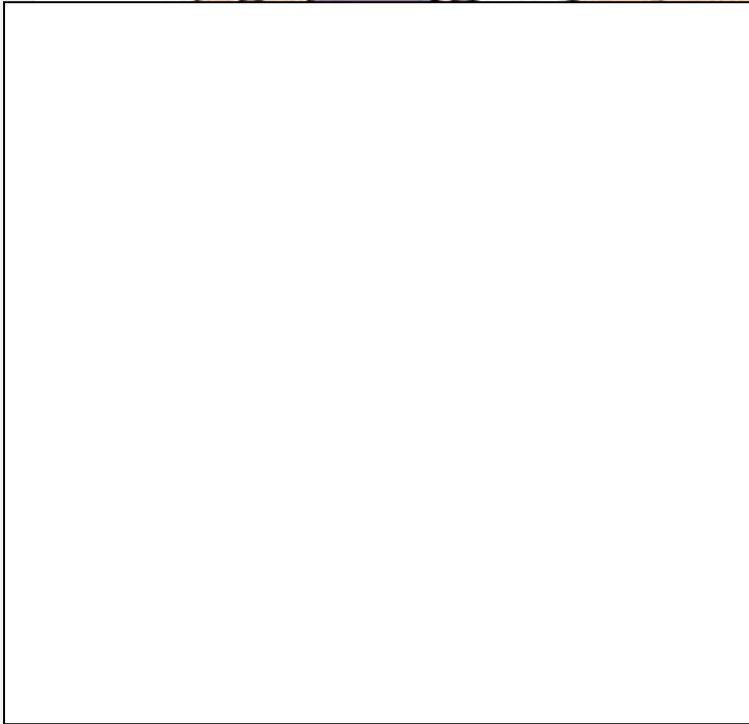
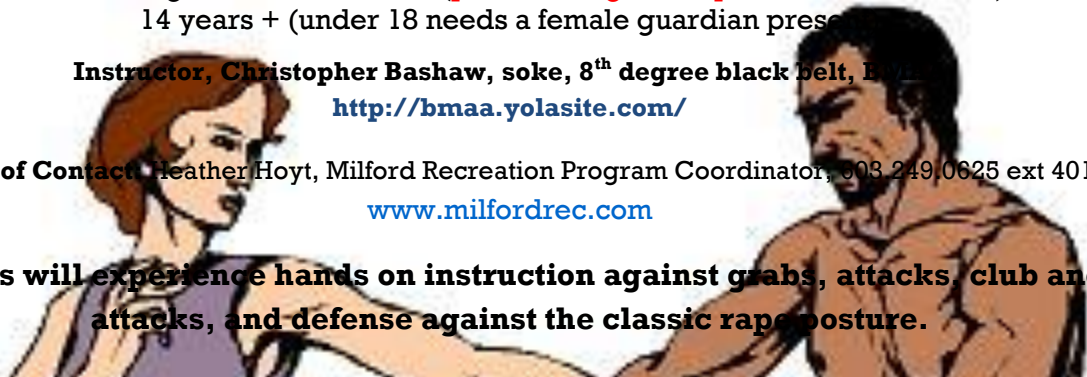
Instructor, Christopher Bashaw, soke, 8th degree black belt, BMAA

<http://bmaa.yolasite.com/>

Point of Contact: Heather Hoyt, Milford Recreation Program Coordinator, 603.249.0625 ext 401

www.milfordrec.com

Participants will experience hands on instruction against grabs, attacks, club and knife attacks, and defense against the classic rape posture.



Intense Women's Self Defense Workshop Work shop Registration Form

— Please copy this form as necessary.

Name _____ E-mail _____

Address _____ City _____

State _____ Zip _____ Phone (day) _____ (eve) _____

I hereby release Chris Bashaw, BMAA, The Town of Milford, and all of their agents or employees from any and all injuries, accidents, and/or losses that may occur as a result of my participation at the above event. Furthermore, I waive any compensation whatsoever for the future use of pictures, movies, media coverage, etc. utilized by those associated with this event at any time.

SIGNATURE _____ DATE _____

FREE